

Maternity Resources (listed A-Z)

Government and professional organisations also appear separately at the end of this list.

Action on Pre-eclampsia (APEC)

www.action-on-pre-eclampsia.org.uk

APEC is a national charity who campaigns and lobbies for funds, research, and education to support those affected by pre-eclampsia.

Active Birth Centre

www.activebirthcentre.com

Aims to support and inform women about natural labour and birth. It also provides Active Birth yoga classes, and the website includes information about trained Active Birth yoga teachers around the UK. There is also a section on water birth and birthing pool hire.

ARC - Antenatal Results & Choices

www.arc-uk.org

Tel: 0207 77137486

ARC offers information and support to parents who are: making decisions during the antenatal testing process, told that their unborn baby has an abnormality, having to make difficult decisions about continuing the pregnancy, having to make difficult decisions about ending the pregnancy.

Association for Improvements in the Maternity Services (AIMS)

www.aims.org.uk

AIMS members include parents, midwives, doctors, and other health professionals. Its objectives are: Campaigning for better births for all, protecting human rights in childbirth, independent information about pregnancy and birth, raising awareness of research.

Association for Postnatal Illness (APNI)

www.apni.org

Tel: 020 7386 0868 (10 am - 2 pm Mon-Fri)

APNI provides support and information for women with postnatal depression. It has a countrywide network of phone and postal volunteers, who have had, and recovered from post-natal illness. Mothers are phoned/written to at regular intervals throughout their illness and the recovery period. The Association also runs a support service for husbands and families.

Association for Radical Midwives (ARM)

www.midwifery.org.uk

ARM is an association of midwives, student midwives and others in the UK committed to improving the maternity care provided by the NHS. ARM supports the principle of a service tailored more closely to individual women's needs, and a sympathetic attitude on the part of their professional attendants.

Association of Breastfeeding Mothers (ABM)

www.abm.me.uk

Supporting mothers, nurturing families.

BabyCentre

www.babycentre.co.uk

Commercial site which offers information pages across a range of maternity topics and message boards where parents can exchange questions and advice.

Benefits and financial support for families

www.gov.uk/browse/benefits/families

Government help - if you look after children or plan to have or adopt a child. Includes Child Benefit.

Birth Rights

www.birthrights.org.uk

Provides advice and information on your legal rights during pregnancy and birth in the UK.

Birth Trauma Association (BTA)

www.birthtraumaassociation.org

Provides help for people traumatised by childbirth.

BLISS - the Premature Baby Charity

www.bliss.org.uk

Bliss is a support group for parents who have a baby requiring special care. It also campaigns for improvements in neonatal care and promotes new developments and innovations in care.

Bounty

www.bounty.com

Commercial site which offers information pages across a range of maternity topics.

British Liver Trust

britishlivertrust.org.uk/information-and-support/liver-conditions/intrahepatic-cholestasis-pregnancy/

Information and support on liver disease, including ICP - intrahepatic cholestasis of pregnancy (formerly obstetric cholestasis).

British Pregnancy Advisory Service (BPAS)

www.bpas.org

BPAS has consultation centres and clinics throughout the UK where it offers pregnancy testing, emergency contraception, counselling, abortion care, sterilisation, and vasectomy.

British Wheel of Yoga

www.bwy.org.uk

The BWY exists to promote the good, safe practice of Yoga through trained, experienced, qualified teachers. Its website includes a search facility to find local Yoga teachers registered with the BWY.

Caesarean Birth and VBAC information

www.caesarean.org.uk

Offers research-based information and support on all aspects of caesareans and vaginal birth following caesarean section.

Child Bereavement Trust

www.childbereavementuk.org

Tel: 0800 02888 40

A UK charity which provides support, information, and resources for bereaved families.

Childcare and parenting

www.gov.uk/browse/childcare-parenting

Contact - Contact-a-Family

www.contact.org.uk

Tel: 0808 808 3555 9.30am-5pm Mon-Friday

A UK charity for parents and carers in any part of the UK with a disabled child aged from birth to 25.

Coram BAAF- Adoption, Fostering, Kinship

www.corambaaf.org.uk

Supporting agencies and professionals who work with children and young people.

Diabetes UK

www.diabetes.org.uk

Tel: 0345 1232399

Diabetes UK is a national support group for people with diabetes. It includes information on pregnancy for women with diabetes.

Donor Conception Network

www.dcnetwork.org

Network of parents with children conceived with donated sperm eggs or embryos, adult offspring, and those contemplating or undergoing treatment. Offers information and personal stories, and details of national and local meetings.

Doula UK

www.doula.org.uk

Doula UK is a non-profit making network run by doulas. "Doula" (pronounced "doola") is a Greek word meaning "woman servant or caregiver". It now refers to an experienced woman who offers emotional and practical support to a woman (or couple) before, during and after childbirth. Women can find out about doula services in their area.

Epilepsy Action

www.epilepsy.org.uk

The Epilepsy Action provides information and support for people with epilepsy.

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www.epilepsysociety.org.uk

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Fertility Friends

www.fertilityfriends.co.uk

Fertility Friends is an online meeting place which aims to help people through the difficult process of assisted conception by sharing thoughts, experiences, and knowledge with others.

Fertility Network UK

www.fertilitynetworkuk.org

Fertility Network UK is a national charity, offering face-to-face and telephone support and information at regional and national level for those experiencing fertility problems. The website includes information sheets, forums, and chat rooms.

FertilityUK

www.fertilityuk.org

FertilityUK is an educational service, offering instruction and counselling in Fertility Awareness and Natural Family Planning (NFP) for women and couples. The website includes information on the physiology of fertility and the menstrual cycle

Keeping well in pregnancy (NHS)

www.nhs.uk/pregnancy/keeping-well/

Fostering, adoption and surrogacy

www.gov.uk/browse/childcare-parenting/fostering-adoption-surrogacy

UK government information on fostering or adopting a child, including from abroad, and being a surrogate mother.

Group B strep support group (GBSS)

www.gbss.org.uk

Tel: 0330 120 0796

GBSS is a UK charity which aims to inform and support pregnant women affected by Group B streptococcus infection, inform health professionals about how Group B strep can be prevented, and generate continued support for research into Group B strep.

Home Birth Reference Site

www.homebirth.org.uk

Provides information about home birth to help parents who think that it might be the right choice for them, and for health professionals looking for facts and ideas.

IMUK – Independent Midwifery

www.imuk.org.uk

Represents fully qualified midwives who have chosen to work outside the NHS in a self-employed capacity. The 'find a midwife' page helps women find out about independent midwives in their area.

International Vasa Praevia Foundation (IVPF)

www.vasaprevia.org

The IVPF is based in the US. Its members participate in research projects on vasa previa. The Foundation provides information and resources about vasa previa through its website, newsletter, and attendance at medical conferences.

Kicks Count

www.kickscount.org.uk

Kicks Count is a UK charity who aims to help women understand a baby's movements in pregnancy, to empower them with knowledge and confidence throughout their pregnancy.

La Leche League Great Britain (LLLGB)

www.laleche.org.uk

A voluntary organisation, dedicated to providing education, information, mother-to-mother support, and encouragement to women who want to breastfeed, and to promoting a better understanding of breastfeeding as an important element in the healthy development of the baby and the mother.

Life

lifecharity.org.uk/

Life, a pro-life charity, provides advice and support for pregnant women, unsupported mothers, women with problems relating to pregnancy, fertility or infertility, or suffering from the effects of abortion.

Marie Stopes International

www.mariestopes.org.uk

Marie Stopes International UK is a charity providing a range of sexual and reproductive health information and services, covering abortion, contraception, health screening and male and female sterilisation.

Maternity Action

www.maternityaction.org.uk

Maternity Action is the UK's maternity rights charity dedicated to promoting, protecting, and enhancing the rights of all pregnant women, new mothers and their families to employment, social security, and health care.

MumsMeetUp

www.mumsmeetup.com

MumsMeetUp helps to combat loneliness for mums by making it simple for them to find and meet other mums in their area, similar by age of child and circumstances.

Mencap

www.mencap.org.uk

Valuing and supporting people with a learning disability, and their families and carers.

Midwives Information and Resource Service (MIDIRS)

www.midirs.org

MIDIRS - or the Midwives Information & Resource Service provides effective information evidence-based resources that help maternity health care professionals or students succeed in their professional development and studies.

MIND (National Association for Mental Health)

www.mind.org.uk

MindinfoLine: 0300 123 3393

MIND offers extensive information about mental health and seeks to influence policy through campaigning and education. It also runs a confidential helpline (MindinfoLine) and a network of local associations.

Miscarriage Association

www.miscarriageassociation.org.uk

Helpline: 01924 200799 (Mon-Fri, 9am - 4pm)

Provides support and information for women who experience miscarriage.

Mum's Net

www.mumsnet.com

The UK's biggest network for parents.

The National Childbirth Trust (NCT)

www.nct.org.uk

The National Childbirth Trust is the leading charity for pregnancy, birth, and parenting in the UK. Every year they support thousands of people through this life-changing experience, offering relevant information, reassurance, and mutual support.

Endometriosis UK

www.endometriosis-uk.org/

Helpline: 0808 808 2227

Endometriosis UK provides support for couples experiencing endometriosis, raises awareness and funds research. The website contains information on symptoms, diagnosis, and treatment.

Human Fertilisation and Embryology Authority (HFEA)

www.hfea.gov.uk

UK's independent regulator of fertility treatment and research using human embryos.

NICE- National Institute for Health and Care Excellence

www.nice.org.uk

NICE is a group of specialists who review all the available information to produce guidelines on best practice on behalf of the UK government.

National Perinatal Epidemiology Unit (NPEU)

www.npeu.ox.ac.uk

Conducting robust research to improve care for mothers, babies, and families.

NHS

www.nhs.uk/pregnancy/

A good source of basic information about pregnancy and childbirth.

Obstetric Anaesthetists Association (OAA)

www.oaa-anaes.ac.uk/

The OAA provides education and training for anaesthetists and other practitioners in the UK and overseas.

Pelvic Partnership-pregnancy-related pelvic girdle pain

www.pelvicpartnership.org.uk

The Pelvic Partnership is a charity, which aims to pass on information about pelvic girdle pain (PGP) based on research evidence and on other women's experience (also known as symphysis pubis dysfunction).

Pregnancy Sickness Support

www.pregnancysicknesssupport.org.uk

Helpline: 0800 0554361

They aim to improve the experience and alleviate the suffering of all those affected by pregnancy sickness, including hyperemesis gravidarum (HG).

Quit Smoking

www.nhs.uk/better-health/quit-smoking/

NHS advice, information, and support on giving up smoking

Royal College of Midwives (RCM)

www.rcm.org.uk

The RCM is the professional body for midwives in the UK.

The Royal College of Obstetricians and Gynaecologists (RCOG)

www.rcog.org.uk

The RCOG is the professional body for doctors in the UK who specialise in obstetrics and gynaecology, and aims to improve and maintain proper standards of practice for the benefit of the public. It provides training, conducts examinations, and maintains a register of members, promotes research, and produces patient information and guidelines for professionals.

SANDS -Stillbirth and Neonatal Death Society

www.sands.org.uk

Tel: 0808 164 3332

Support for parents and families whose baby is stillborn or dies soon after birth.

Terence Higgins Trust

www.tht.org.uk

UK's leading HIV and sexual health charity.

The Breastfeeding Network (BFN)

www.breastfeedingnetwork.org.uk

Independent breastfeeding support and information.

The Compassionate Friends

www.tcf.org.uk

Tel: 03451232304

A national self-help group of bereaved parents offering support and friendship to those similarly bereaved. The Helpline is always answered by a bereaved parent who is there to listen when you need someone to talk to.

Tommy's

www.tommys.org

A pregnancy charity working to make the UK the safest place in the world to give birth, they believe every parent has the right to a healthy pregnancy and baby. They conduct research, provide information and support.

Twins Trust

www.twintrust.org

Service for all parents of twins, triplets and more, and the professionals involved in their care.

UK National Screening Committee

www.gov.uk/government/organisations/uk-national-screening-committee

Advises the UK National Screening Committee on the implementation, development, review, research, modification, and where necessary, the cessation of antenatal screening programmes. It monitors the progress, problems, and research needs of ongoing antenatal screening programmes and, where appropriate, advise on standards and monitoring arrangements.

UK Obstetric Surveillance System (UKOSS)

www.npeu.ox.ac.uk/ukoss

The UK wide obstetric surveillance system designed to describe the epidemiology of uncommon disorders of pregnancy.

Verity – sharing the truth about PCOS

www.verity-pcos.org.uk/

Verity is a self-help organisation for women whose lives are affected by Polycystic Ovary Syndrome (PCOS), and provides on-line information about the condition.

Wellbeing of Women (WOW)

www.wellbeingofwomen.org.uk

WOW exists to promote research into and awareness of women's reproductive health. The website has a range of downloadable leaflets.

Women's Aid

www.womensaid.org.uk

Domestic violence (which can include emotional abuse, bullying, physical abuse, or sexual abuse) is more common in pregnancy than at other times. Women's Aid is a UK domestic violence charity.

Government and Professional Organisations

Benefits and financial support for families

www.gov.uk/browse/benefits/families

Government-provided help for if you look after children or plan to have or adopt a child. Includes Child Benefit.

Childcare and parenting

www.gov.uk/browse/childcare-parenting

Keeping well in pregnancy

www.nhs.uk/pregnancy/keeping-well/

It includes information pages on healthy eating and foods to avoid in pregnancy.

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